



## City of Newton, MA

# INVEST IN YOURSELF

May 2013 Health and wellness newsletter for employees

## DEALING WITH TRAUMATIC EVENTS

### **BLOOD PRESSURE & HEALTH MAINTENANCE CLINIC**

**CITY HALL  
ROOM 203, 10AM  
TO 11AM  
TUES., MAY 14**



### **ZUMBA**

**@ CITY HALL  
WAR MEMORIAL  
THURSDAYS 5:15  
TO 6:15 PM  
RUNS MAY 8–  
JUNE 26  
\$64/8 CLASSES  
OR \$10/CLASS  
DROP-IN RATE**

**EMAIL  
WELLNESS@  
NEWTONMA.GOV  
TO SIGN UP**

**NO LUNCH &  
LEARN THIS  
MONTH —  
ATTEND THE  
HEALTH FAIR ON  
MAY 15!**

The marathon bombings and aftermath affected everyone in the Boston area. Whatever your involvement, you may need help coping.

Fortunately there are many resources available to employees and their families dealing with this traumatic event.

Information about coping with your feelings, talking with your children, practicing

self-care, and more is available online at [www.riversidetraumacenter.org](http://www.riversidetraumacenter.org)

The **Disaster Distress Helpline** is available to anyone struggling after a disaster. It can be reached by phone at (800) 985-5990, by texting "TalkWithUs" to 66746 or online at [www.disasterdistress.samhsa.gov](http://www.disasterdistress.samhsa.gov)

The **Employee Assistance Program** is available at no cost to City of Newton employees. It is an information, problem-solving and referral resource. It is completely confidential and can assist you in finding solutions to any personal problem you or your family might have. The program is located at Newton-Wellesley Hospital, and can be reached at (617) 243-6522.

For those in crisis, **Riverside Emergency Services** is available for emergency psychiatric services for adults and children. Call (800) 529-5077 for emergency response services to Newton and 17 surrounding communities.

If anyone is having trouble accessing resources or isn't sure where to turn for help, contact the Health & Human Services Department at (617) 796-1420.



## **EMPLOYEE/RETIREE HEALTH FAIR MAY 15**

**BENEFITS OPEN ENROLLMENT MAY 15– JUNE 5**

The City of Newton Employee & Retiree **Health Fair** will be held on Wednesday, May 15, from 11 a.m. to 2 p.m. in the City Hall War Memorial Auditorium.

Come for healthy snacks, great information, free health screenings and great raffle prizes!

**Open enrollment** for all benefit eligible employees is an annual opportunity to enroll, change, or terminate your city health and dental insurance

plans. The open enrollment period runs from **May 15 to June 5**. Information about the plans and rates will be available by May 15 online at [www.newtonma.gov/benefits](http://www.newtonma.gov/benefits), in Human Resources, Room 218 at City Hall and at the Health Fair!

To join, change or cancel your health and/or dental coverage please return the appropriate forms to HR by Wednesday, June 5 at 5 p.m.



City of Newton, MA

# INVEST IN YOURSELF

May 2013

## DO YOU KNOW THE SIGNS OF STROKE?

Stroke is the 3rd leading cause of death in the United States and also a leading cause of serious long-term disability. Although most strokes occur in people ages 65 years or older, strokes can occur at any age.

Knowing the symptoms of stroke and calling 9-1-1 immediately if someone appears to be having a stroke are crucial steps in getting prompt medical care for a stroke. New treatments are available that can reduce the damage caused by a stroke for some victims, but treatments need to be given soon after the symptoms start.

Warning signs include **SUDDEN**:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, or loss of balance and coordination.
- Severe headache with no known cause.

Information adapted from the Centers for Disease Control and Prevention, and the National Stroke Association.

**Use FAST to remember warning signs of stroke:**

	<b>FACE:</b> Ask the person to smile. Does one side of the face droop?
	<b>ARMS:</b> Ask the person to raise both arms. Does one arm drift downward?
	<b>SPEECH:</b> Ask the person to repeat a simple phrase. Is their speech slurred or strange?
	<b>TIME:</b> If you observe any of these signs, <b>call 9-1-1 immediately.</b>



## AVOCADO AND MANGO SALSA

*This recipe gets you in the mood for summer and is great as a dip, or as a topping on a salad!*



### Ingredients:

- 1 ripe avocado (peeled, pitted and cubed)
- 1 ripe mango (peeled pitted and cubed)
- 12 cherry tomatoes cut in half
- ¼ cup crumbled feta or goat cheese
- 1 tbsp. olive oil
- 1 tbsp. fresh lemon or lime juice
- ¼ tsp of salt and pepper

### Instructions:

Put avocado, mango, tomatoes and feta (or goat) cheese in a bowl, and stir gently with a large spoon.

Drizzle with olive oil, lemon or lime juice, salt and pepper. Taste, and add more of whatever you think it needs.

Cover and refrigerate for up to 4 hours, or serve right away over grains or greens!

**Taken from chopchopmag.org**

## SHARPS & MEDICATION DISPOSAL

Sharps (needles and lancets) used for administering medication for people or pets can be safely disposed of by Newton residents and employees at Newton City Hall during regular business hours.

Drop-off is currently at Customer Service. The hours are: 8:30 a.m. to 5 p.m., Monday through Friday; Tuesdays until 8 p.m.

Sharps must be in a puncture proof container such as a detergent bottle or red medical waste container. More information is available at [www.newtonma.gov](http://www.newtonma.gov) by typing sharps into the search box.

Unused or expired medication may be disposed of in the regular household garbage by mixing it with something undesirable such as kitty litter or coffee grounds.

Questions? Call (617) 796-1420